



HEALTHY TIPS FOR DINING OUT

Choose foods described as...

In General

Steamed
Fresh
Grilled
Broiled/baked
Roasted
Low-fat/lean
Heart healthy

Chinese

Steamed vegetable dumplings
Steamed brown rice
Tofu
Vegetable dishes
Steamed white chicken

Italian

Minestrone soup
Pasta primavera
Thin-crust pizza
Pasta with red sauce
Grilled fish, chicken, or vegetables

Mexican

Soft tortillas
Salsa/hot sauce
Whole beans (black, red, and pinto)
Chicken or bean fajitas, burritos or
enchiladas
Extra vegetables

Steakhouse

Garden salad (with dressing on the side)
Baked potato
London broil
Filet mignon
Round, flank or sirloin steak
Baked seafood

Skip...

Buttery
Battered
Fried
Crispy
Creamed
Au gratin
Rich

Egg rolls
Fried dumplings
Fried rice
Fried noodles
Spareribs or duck
Batter-fried meat
Sweet & sour dishes

Fried calamari
Garlic bread
Pasta with white sauce
Parmagiana
Lasagna
Sausage

Crispy tortillas
Nachos
Guacamole, sour cream
Cheese
Refried beans
Chimichangas
Flautas
Quesadillas

Caesar salad
Rib eye, T-bone
Porterhouse steak
Meat potpie
French fries
Gravy

PORTION CONTROL:

Take 1/2 of your meal home
Split an entrée with a friend
Order an appetizer as your meal

HEALTHY PORTION LOOKS LIKE...

Cooked meat (3 oz.) – deck of cards
Baked fish (3 oz.) – a checkbook
Cooked rice or pasta (4 oz.) – a baseball
Mix nuts (1/4 cup) – a golf ball

BEFORE YOU GO OUT TO EAT...

Explore your options and choose a restaurant that:

- Offers healthy items
- Provides nutrition information
- Takes special requests (by cooking to order, for example)
- Allows substitutions

Curb your appetite shortly before you leave:

- Eat a light snack (such as fruit or low-fat yogurt)
- Drink a glass of water



SALAD BAR PITFALLS:

Pasta, potato and meat salads
Marinated vegetables
Creamy dressings
Cheeses
Croutons, olives

Choose fresh vegetables and dark, leafy greens instead.

Ask questions! If you're not sure what's in a dish or how it's prepared, find out. Order dressings or sauces on the side. Make healthy substitutions (e.g. order a side salad instead of french fries). Ask if low-fat dessert items are available (e.g. fresh fruit, angel food cake, sherbet, or frozen yogurt).

